



Bulletin



The Right Spirit

Volume 1 Issue 6 Fall 1999

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Alcohol Abuse negatively impacts mission effectiveness in today's Navy. When you choose to drink responsibly you help yourself, your shipmates and your Navy.

I urge you to support the goals of the Right Spirit Campaign in your personal conduct, and your interaction with peers, subordinates and superiors.

You can make a difference. Make the Right Spirit part of daily Navy life. And remember, it's OK not to drink.



RADM J. B. Hinkle
Commander, Navy Personnel Command



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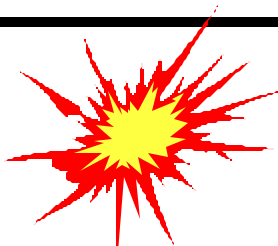


On the Cover: Hootie and the Blowfish aboard the USS Enterprise

You have been.....

Patiently Waiting

OPNAVINST
5350.4C .is
now available



Drug and Alcohol Abuse Prevention and Control

Provides comprehensive alcohol and other drug abuse prevention and control procedures for all Navy Military personnel. It is a complete revision, so read it carefully.

On the PERS-60 web page:

<http://navdweb.spawar.navy.mil>



"The Devil to Pay"

You have
heard that

You probably think that if you drink too much and run into behavior problems, that you might "have the devil to pay.", meaning things could get very bad. This is true. Irresponsible drinking can lead to serious consequences – personal, family, health and career. Making the Right Spirit your guide will keep you from having "the devil to pay."

How did a term like "the Devil to Pay" get started? You may be surprised to know it has nautical origins. The reference to devil is not Satan but a seam on a ship. It was possible that it was called the devil because of the difficulty of caulking it or its awkward access. To pay refers to the pitch or hot tar used to seal the seam. Ships were run aground to allow the work to be done when the tide went out. Time and tide wait for no man, so doing the work quickly with hot tar, was necessary. No hot tar and the tide coming in was like being up a creek without a paddle.

Get the Right Spirit

NOW AVAILABLE!!!



NSN 0506LP0110260



NSN 0506LP0110280



NSN 0506LP0110250



NSN 0506LP0110270

THESE POSTERS ARE NOW AVAILABLE THROUGH SUPPLY CHANNELS FROM:

NAVY PUBLICATIONS CENTER, 5450 Carlisle Pike,
Mechanicsburg, PA 17055-0789.

Order by stock number.

What's a DAPA



Drug and Alcohol Program Advisor

- ◆ Advisor to Commanding Officer for the command drug and alcohol program.
- ◆ Establishes and monitors the command prevention and intervention programs
- ◆ Screens individuals for possible alcohol and/or drug problems
- ◆ Serves as the aftercare coordinator for the command.
- ◆ Is an authorized self-referral agent.

The DAPA

- ⇒ Is formally trained (40 hour course)
- ⇒ Is your advocate for drug and/or alcohol problems
- ⇒ Will Listen
- ⇒ Will Help

For DAPA Training:

Contact: DAPMA San Diego
DSN 522-4979
DAPMA Norfolk
DSN 564-8190



Holidays are Coming



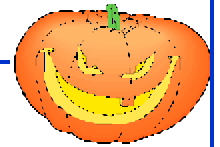
Fun – Food - Friends – and Drinking

Be ready to deal with the fact that people you know, or supervise are more likely to **not** drink responsibly during the holidays.



NOW is the time to plan what you are going to do toward the Right Spirit goals – during the coming holidays.

YOU have to act – as an individual or a supervisor. you can make a difference..



Here are some things you can do to be Prepared:

Review: The benefits of combining alcohol and safety belt programs - a natural alliance

DO: Age "21" enforcement, restricting access to alcohol, alcohol-free activities

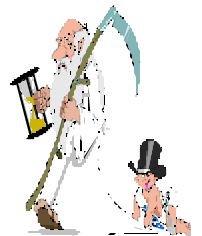
Prepare your holiday alcohol abuse command education program now.

Web info: Link to or visit these sites:

A great Blood Alcohol Calculator: <http://www.ou.edu/oupd/bac.htm>

State DUI statistics: http://www.madd.org/pub_pol/states_index.shtml

Party Planning info: **CHECK THIS** http://www.madd.org/programs/safe_party.shtml



Alcohol-Related Fatalities:

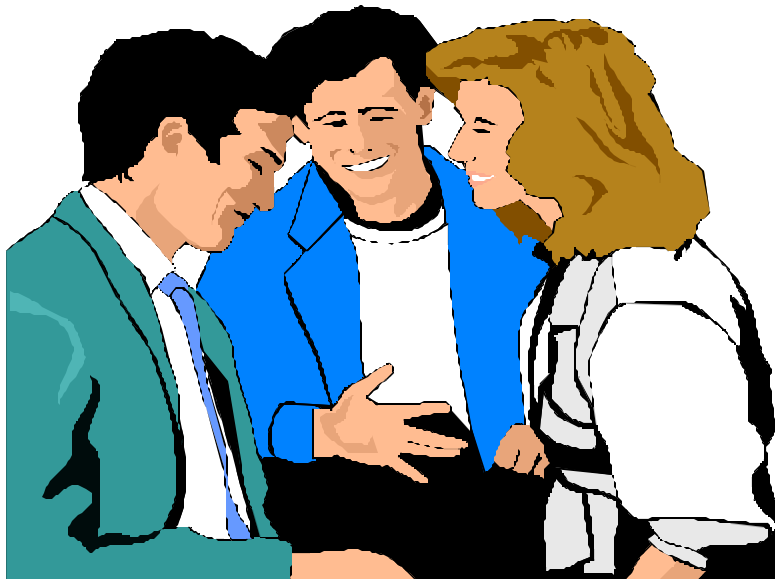
The number of alcohol-related traffic fatalities last year was at a record low, the Associated Press reported May 28. Preliminary figures from the National Highway Traffic Safety Administration also showed that overall deaths on U.S. streets and highways declined slightly last year. In 1998, 41,480 people were killed on U.S. highways, compared to 42,103 in 1997.

Nationwide, in 1998 there were 1020 DUIs – almost 3 per day. **Don't let the holiday attitude ruin someone's career, family or their life.**

Hands Off Halloween/Responsible Merchant Campaign

Halloween has traditionally been a holiday for kids. In recent years, however, alcohol companies have used Halloween images, such as witches and goblins, to advertise their products. The Center on Alcohol Advertising has started a the hands off halloween/responsible merchant-campaign to discourage alcohol companies from using Halloween in their advertising.

**GET THE
RIGHT SPIRIT**



Blood Alcohol Levels

Blood Alcohol Levels vary with people and circumstances

There is no reliable way to measure one's blood alcohol level. There is huge variation in the way a given amount of alcohol works through to the blood. It depends on the weight and sex of the drinker, the amount of water consumed with the alcohol, the level of hydration of the body and any soft drinks or food consumed at the same time.

You may have noticed the difference in drinking a beer after physical activity on a hot day on an empty stomach compared to drinking with a meal.



Your're Smart, Right? And you want the truth, but are you ready for the truth? Believe this:

Alcohol gives you energy. Get serious – alcohol is a depressant.

Drugs are a bigger problem. Nope – Alcohol and tobacco kill 50 times more people than drugs. Ten million are addicted to alcohol. It's a drug.

You'll get drunk a lot quicker on hard liquor than beer or wine. Don't kid yourself, alcohol is alcohol.

Cold showers and coffee will sober you up. Not hardly. You will be clean and awake but drunk.

I can't do anything about alcohol abuse. Sure you can –

Get the Right Spirit

Where Does a 97,000 ton Aircraft Carrier Teach a PREVENT Class? Anywhere it Wants!

By John T. Schultz

This might be the latest twist on a old joke, or if you look a little harder you will see that there is a lot of truth to the above statement.

Historically, PREVENT (Personal Responsibility and Values Education and Training) was a course Sailors attended while in port, but recently the PREVENT course developed sea-legs. Over the past year, dozens of ships brought classes on board, either at pierside or underway.

USS CARL VINSON (CVN-70) is a case in point. VINSON took PREVENT facilitators on board for seven underway periods to provide PREVENT for its at risk Sailors. During VINSON's last WESTPAC deployment, from November 1998 to May 1999, more than 600 Sailors attended PREVENT. Supervisors were informed of class schedules, and with the assistance of the command Drug and Alcohol Program Advisor (DAPA), they assigned their sailors to classes. Since departments had more control over their people while underway, it was easier to schedule more classes than are usually possible while pierside. The result: Sailors got valuable prevention education and the training did not detract from mission accomplishment.

Feedback from students was positive with 95% reporting their time was well spent. A common comment was that individuals gained good insight from the course and were able to apply a number of course concepts to their daily lives.

CAPT. David M. Crocker, USS CARL VINSON Commanding Officer and a PREVENT graduate himself, values services that can be provided in the same environment where sailors work.

"I feel that educating my people is a top priority. We tested the course while on a short deployment at RIMPAC in 1998 and we really liked the feedback we got from our supervisors and sailors alike," said CAPT Crocker. The next step was taking full advantage of the flexibility provided by bringing a facilitator on board for the six-month deployment. MMC Lewis, Command DAPA, coordinated the shipboard training with the Bremerton PREVENT Site Specialist, Ms. Cindy Kimbel, and she assigned the facilitator, Ms. Amy Jacobsen.





Aboard the USS Carl Vinson, CVN-70, Aviation Ordnancemen carry an AIM Sparrow

PREVENT may be used to reduce resources dedicated to misconduct and other avoidable personal problems. On board VINSON, man-hours needed to process a Sailor having a Driving Under the Influence (DUI) offense on base and participating in a treatment program totaled 165 administrative-hours for the command, and 168 man-hours for the member with the DUI. By contrast, PREVENT is a 24-hour curriculum usually presented in 3 days.

As an important component of the prevention education component of Navy's RIGHT SPIRIT Campaign, PREVENT plays a vital role in helping Navy meet the challenge of combating drug use and alcohol misuse. PREVENT facilitators are available to provide the life skills and personal responsibility curriculum aboard commands, even while underway. Classes are also offered at all 16 primary PREVENT sites and at ancillary locations upon request.

For information about the PREVENT program and for assistance scheduling classes on board your command, contact Mr. John T. Schultz at (619) 532-4966 or DSN 522-4966. E-mail at jschultz@dapmasd.pasd.navy.mil.



Remember November 11th is Veterans Day
It's YOUR DAY

Resources

More information is available



Your Primary Source

Drug & Alcohol Program Management
Activities (DAPMA)

San Diego DSN 522-4964

Norfolk – DSN 564-8190

Look for this bulletin on:
Navy Drug & Alcohol Web Site–
<http://navdweb.spawar.navy.mil>

Prevention Online - (PREVLIN) The
National Clearinghouse for Alcohol
and Drug Information
[Http://www.health.org](http://www.health.org)

Addiction Connection
[Http://www.addictioninfo.com](http://www.addictioninfo.com)

Mothers Against Drunk Driving
[Http://www.madd.org](http://www.madd.org)

Web of Addictions World Health Organi-
zation
[http:// who.ch/whois/whois.htm](http://who.ch/whois/whois.htm)

If I have Trouble.....

With Drinking

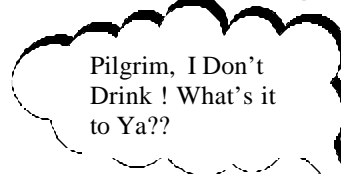
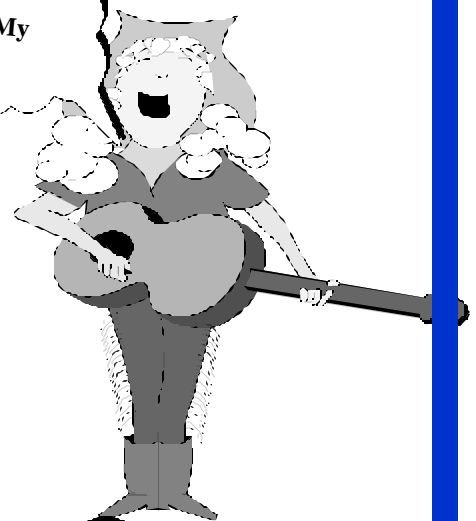
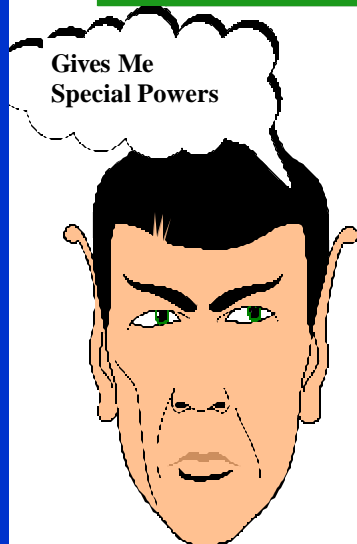
Can I simply reduce my alcohol use without stopping altogether?

That Depends. If you are diagnosed as an alcoholic, the answer is **no**. Studies show that nearly all alcoholics that try to cut down are unable to do so indefinitely. Instead, cutting **OUT** alcohol is nearly always necessary for successfully recovery. If you are not alcoholic, and are having alcohol problems, you may be able to limit the amount you drink. If you can't stop at your limit and drink responsibly, you should **STOP**.

Get the Right Spirit

People in The SPOTLIGHT.....

So... Why Do you drink?



it's ok
not to drink



From the
Editor



Get the
"Right Spirit"

Who has given us freedom of the press.

It is the soldier, not the poet,
Who has given us freedom of speech.
It is the soldier, not the campus organizer,
Who has given us the freedom to demonstrate.

It is the soldier,
Who salutes the flag,
Who serves beneath the flag,
And whose coffin is draped by the flag,
Who allows the protester to burn the flag."

"It is the soldier, not the reporter,
Who has given us freedom of the press.
It is the soldier, not the poet,
Who has given us freedom of speech.
It is the soldier, not the campus organizer,
Who has given us the freedom to demonstrate.

Father Denis Edward O'Brien, USMC



"Duty," "Honor," "Country"...those three hallowed words reverently dictate what you want to be, what you can be, what you will be. They are your rallying point to build courage when courage seems to fail, to regain faith when there seems to be little cause for faith, to create hope when hope becomes forlorn.

General Douglas MacArthur, May 12, 1962

Veteran's Day, November 11, is the anniversary of the signing of the Armistice in the Forest of Campiegne by the allies and the Germans in 1918. The United States entered World War I on April 6, 1917, and on October 4, 1918 an appeal was made to President Woodrow Wilson by the German government for an armistice.

This Armistice, which lasted 1 month and was renewed until the peace was signed, signified the end of World War I and the German surrender. This day, originally known as Armistice Day, was observed by Presidential Proclamation as a legal holiday in 1919.

In 1938 Congress passed a bill which stated each November 11 would be dedicated to world peace and celebrated as Armistice Day. However, after World War II, the day began to lose meaning. Since there were many other veterans to consider, veteran's groups decided to change November 11 to a day to honor all those who fought in American wars.

The first actual Veteran's Day observance was held in Emporia, Kansas on November 11, 1953. On May 24, 1954, Congress passed an act to change the name to Veteran's Day. This act was signed into law by President Dwight D. Eisenhower on June 1, 1954. The day was officially set aside to pay tribute to all servicemen who fought in U.S. wars.

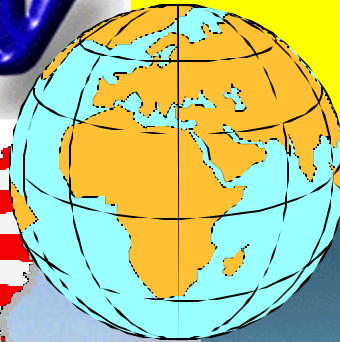
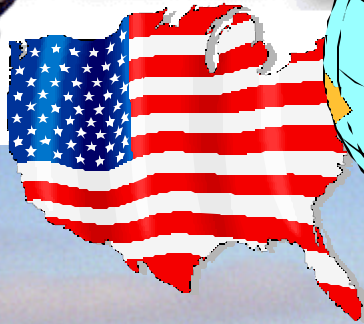




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Navy

ACROSS THE WORLD



Whatever
You
DO

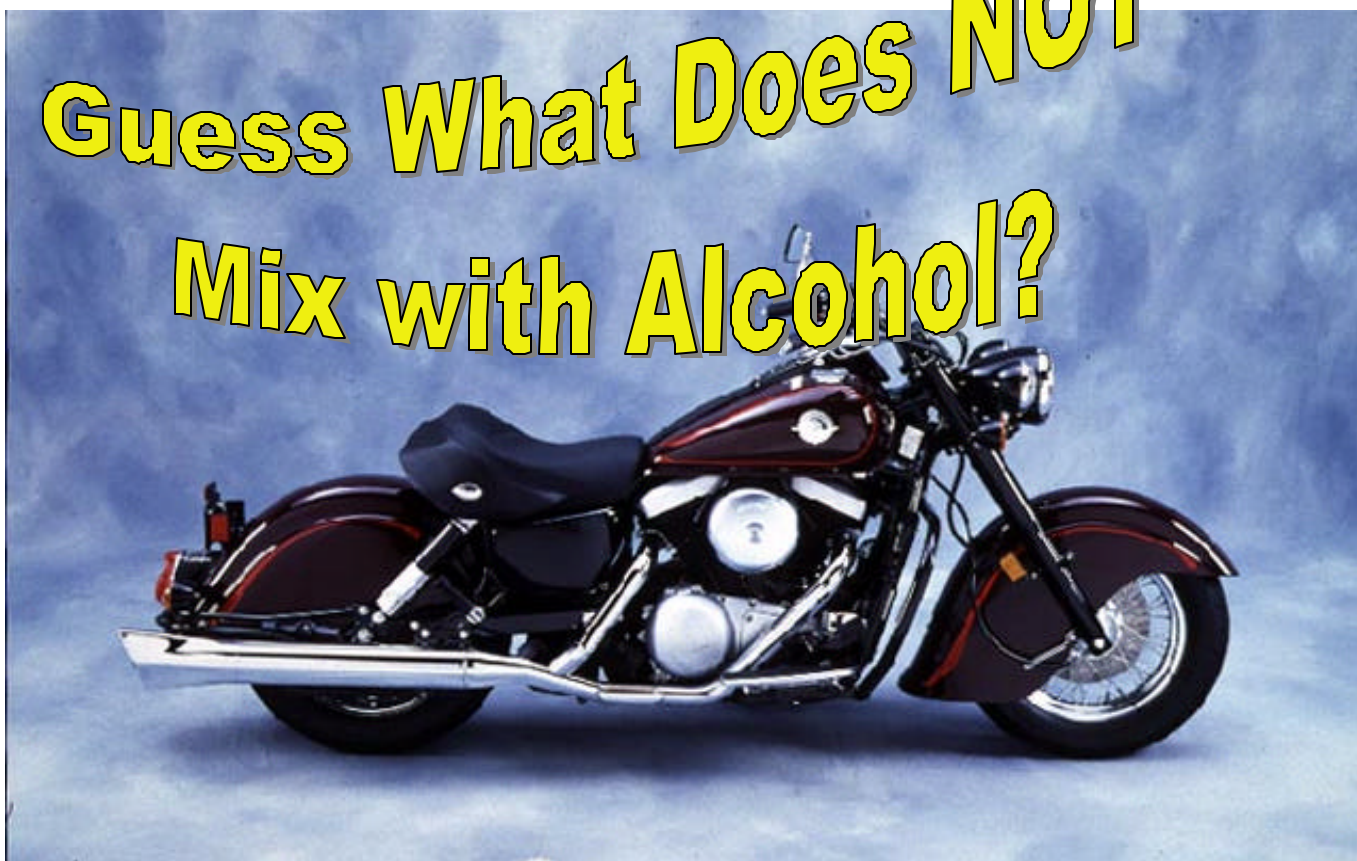
REMEMBER



it's ok not to drink

Oil and Water Don't Mix

Guess What Does NOT
Mix with Alcohol?



ALCOHOL ABUSE PREVENTION

Get the Right Spirit !

